

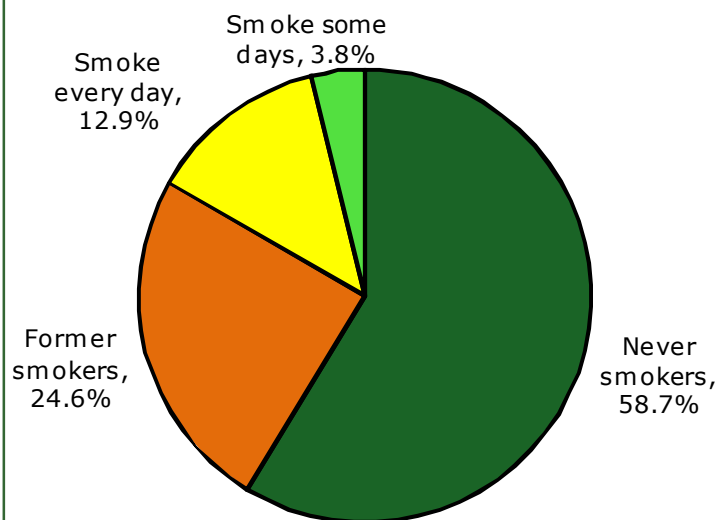
*Nebraska Behavioral Risk Factor Surveillance System*

# Smoking among Nebraska adults, 2009

## 2009 Nebraska BRFSS Quick Facts

- About 1 in 6 adults reported currently smoking cigarettes.
- The percentage of adults who reported smoking has decreased since 2000.
- Smoking was reported more by males, those with less than a high school education, and those with an income less than \$15k/year.

**Figure 1: Percentage of Nebraska adults who are current, former, or never smokers, 2009**

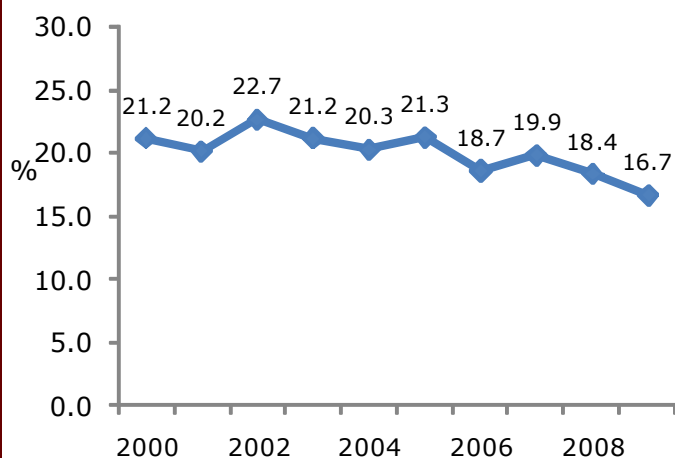


**Current Smokers:** Adults who have smoked at least 100 cigarettes in their lifetime, and smoke everyday or some days.

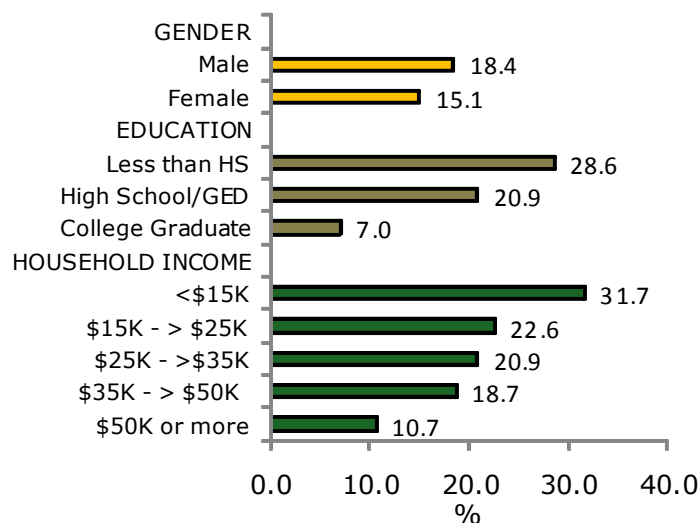
**Former Smokers:** Adults who have smoked at least 100 cigarettes in their lifetime, but do not currently smoke.

**Never Smokers:** Adults who have smoked less than 100 cigarettes in their lifetime.

**Figure 2: Current smoking among Nebraska adults, by year, 2000-2009**



**Figure 3: Smoking prevalence among Nebraska adults, by gender, education, and income, 2009**



## Nebraska Behavioral Risk Factor Surveillance System

### Smoking contributes to a variety of health conditions, including:

- ◆ Cancer, including cancer of the lung, kidney, pancreas, cervix, stomach, esophagus, and uterus
- ◆ Cardiovascular disease, including heart diseases, atherosclerosis, aortic aneurysm
- ◆ Respiratory diseases including bronchitis, emphysema, chronic airway obstruction

### ***If you've tried to quit in the past, don't give up.***

*Most people who quit successfully don't succeed on their first try. Think of your past attempts as practice.*

***It's never too late to quit!***

### Steps to quitting smoking for good...

- ◆ Make a plan before you quit.
- ◆ Think about why you want to stop smoking and what's preventing you from quitting.
- ◆ Learn why you smoke.
- ◆ Plan for change and set up the support you need.
- ◆ Medications have helped many people quit for good.
- ◆ Check with your doctor before starting any nicotine replacement therapy.
- ◆ Exercise and relaxation techniques are great alternatives to smoking.



**The Nebraska Tobacco Quitline can help you quit tobacco for good.**

**Call 1-800-QUIT-NOW (1-800-784-8669)**

**For more information, visit [www.quitnow.ne.gov](http://www.quitnow.ne.gov)**

### **For more information contact:**

Tobacco Free Nebraska  
P.O. Box 95026  
Lincoln, NE 68509-5026  
Phone: 402-471-2101  
Fax: 402-471-1371  
Website: [www.dhhs.ne.gov/tfn](http://www.dhhs.ne.gov/tfn)



**for a great state of health**

## About the Nebraska Behavioral Risk Factor Surveillance System

The Nebraska Behavioral Risk Factor Surveillance System (BRFSS) has been conducting surveys annually since 1986 for the purpose of collecting data on the prevalence of major health risk factors among adults residing in the state. Information gathered in these surveys can be used to target health education and risk reduction activities throughout the state in order to lower rates of premature death and disability.

The data presented in this report come from nearly 16,000 BRFSS landline telephone surveys conducted in Nebraska in 2009. Prevalence estimates are based on weighted data rather than raw numbers of responses to a question. The weights adjust for over- or under-sampling of age/gender groups.

**To learn more about the Nebraska Behavioral Risk Factor Surveillance System, or to view additional reports, visit: <http://www.dhhs.ne.gov/brfss>**